

# Food Drug Interaction-2



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Model Town, Lahore on**

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# Quick Review of Last Lecture?

- **Food-Drug Interaction** is the effect of a medication on nutritional status & vice-versa
- Some drugs require **acidic medium** while some **alkaline** to show optimum efficacy. Only food ensures **altering pH value** in the digestive tract medium
- **Patient at risk** are who (1) have chronic diseases (2) elderly (3) fetus (4) infants (5) pregnant woman (6) malnourished, and (7) who have allergies or intolerances
- Taking medicines with **orange or cranberry juice** can reduce stomach pH and increase absorption
- **Grapefruit/juice** inhibits the intestinal metabolism
- High protein, low CHO diet can **enhance clearance of drugs**

# Reasons of Changed Drug Action

## Drug Features

1. Kind of medicine
2. Shape (tablet, syrup)
3. Dose in 24 hrs
4. Site of infusion (mouth, vein, skin, tube)

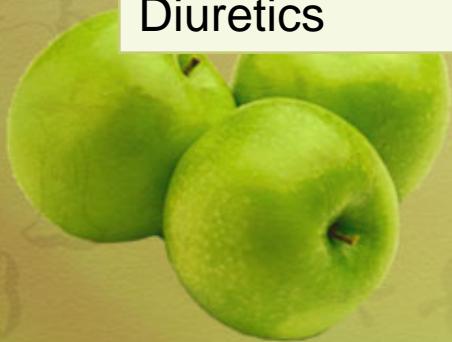
## Patient Features

1. Age
2. Sex
3. Medical history
4. Body type (slim, obese)
5. Nutritional status (malnourished, over-eater)
6. State of mind (tense, relaxed)



# Some Interactions

Drug	With	Impact on Body	What to Do?
Analgesic	Alcohol	Toxic liver	Avoid alcohol
Antibiotics	Dairy products	Slow absorption	Avoid milk
Anti-convulsion	Alcohol, Vit C	Dozing	Avoid alcohol
Anti-fungal	High fat foods	Rapid absorption	Reduce fatty foods
Anti-histamine	Alcohol	Dozing, sleepy	Avoid alcohol
Anti-hyper lepemic	All food	Rapid absorption	Take with food
Anti-hypertensive	Grape fruit juice	Rapid absorption	Avoid grapefruit
Anti-inflammatory	Alcohol	Liver failure	Take with milk
Diuretics	All foods	Soothes stomach	Take with food



Thanks a Lot

